

Couples Connection A Therapeutic Retreat

**Kayaking in the San Juan Islands.
Deep dive into relationship.
Relaxation around the campfire.**

WHAT: Couples Connection, a Therapeutic Retreat with Deschutes Wilderness Therapy's Nest Family Services program

- Couples and group therapy with licensed clinicians utilizing EFT and attachment theory to help couples securely attach
- Support couples in building co-parent alignment
- Intentional, intensive therapeutic experiences coupled with experiential opportunities to practice joy and connection

THE EXPERIENCE:

- The San Juan Islands, referred to as the "Rain Shadow" of the Olympic Mountains, average 247 days of sunshine annually
- SJI are a world-renowned kayaking destination with over 200 rocky, forested islands to explore
- Guests will meet dynamic challenges requiring them to work collectively to problem-solve, take the initiative, create a vision, and develop leadership skills
- Participants will develop expedition-based skills

THE DESTINATION:

- The San Juan Islands are the hidden gems of the Pacific Northwest because of great weather, clear deep waters, clean and unpopulated beaches
- SJI offers abundant wildlife including the graceful blows of foraging porpoise and bald eagles gliding peacefully against the sky
- Guests will paddle along the evergreen-cloaked coastlines and be surrounded by snowcapped mountains in virtually every direction

WHEN: September 18-24, 2022

WHERE: San Juan Islands nestled between Seattle, Vancouver, and Victoria, British Columbia



The Islands are a world-renowned kayaking destination with over 200 rocky, forested islands to explore.



INCLUDES:

- Five days of sea kayaking, *all-inclusive
- Couples and group therapy with licensed clinicians
- Two (2) nights lodging, expedition food, guide service expenses, park and camping fees, camping gear, and kayaking gear.

ITINERARY (subject to change based on weather and tides)

Sept. 18: Seattle

- Meet and stay at the Hilton Garden Inn**, introduction to the group, and your adventure.
- Arrange travel to Seatac Airport, or Bellingham regional airport.
- Trip departs from Bellingham at 11 am

Sept. 19: Anacortes to Lopez Island

- Take an afternoon Ferry from Anacortes to Lopez Island
- Arrive at our put in and begin our kayak lessons
- Set out to our first camp on our first island.

Sept. 20-22: Sea Kayaking Expedition around the San Juan Islands!

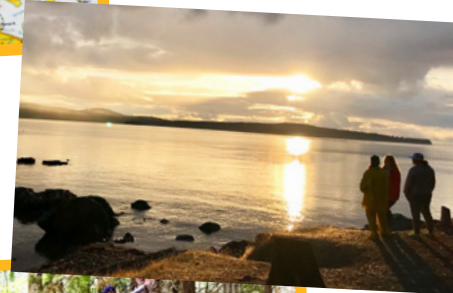
- We will move camp each day.
- Day hikes, campfires, laughter, wildlife and more.

Sept 23: San Juan Islands to Seattle

- Departure back on the ferry returning to Anacortes.
- Travel to hotel in Renton, WA.
- Clean up at the hotel.
- Celebration dinner out together (costs not included).

Sept 24: Fly/Drive home or extend your time to explore!

For more information, please contact Dan Kikkert, Director of Deschutes Young Adults and Nest Family Services at 862-266-2784.



FAQ's

- Guides: Qualified guides will provide a safe, fun, and meaningful adventure.
- Climate: Temperatures in September can range from 45 to 80 degrees.
- Tents: We sleep in 2-3 person high-quality tents.
- Sea Kayaks: We paddle sturdy expedition single and double sea kayaks.
- Clothing: A guide will go over the clothing that you bring and could supply you with additional items, if appropriate.
- Gear: We will provide all necessary camping and paddling gear for participants.
- Cuisine: Healthy fresh food, vegetables, fruits, nuts, grains, and meats. We can accommodate dietary needs. Meals start with Dinner 1 at the hotel and finish with Lunch on Day 6

